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KNR 284 - Prevention and Care of Athletic Injuries			
Code	Description	Instructed	Evaluated
AC-2	Differentiate the roles and responsibilities of the athletic trainer from ... other pre-hospital care and hospital-based providers, including emergency medical technicians/paramedics, nurses, physician assistants, and physicians. <input type="checkbox"/>		
AC-28	Differentiate the different methods for assessing core body temperature. <input type="checkbox"/>		
AC-29	Assess core body temperature using a rectal probe.		
AC-30	Explain the role of rapid full body cooling in the emergency management ... of exertional heat stroke. <input type="checkbox"/>		
AC-36	Identify the signs, symptoms, interventions and, when appropriate, the ... return-to-participation criteria for: <input type="checkbox"/>		
AC-36a	sudden cardiac arrest		
AC-36b	brain injury including concussion, subdural and epidural hematomas, ... second impact syndrome and skull fracture <input type="checkbox"/>		
AC-36d	heat illness including heat cramps, heat exhaustion, exertional heat ... stroke, and hyponatremia <input type="checkbox"/>		
AC-36e	exertional sickling associated with sickle cell trait		
AC-36f	rhabdomyolysis		
AC-36g	internal hemorrhage		
AC-36h	diabetic emergencies including hypoglycemia and ketoacidosis		
AC-36i	asthma attacks		
AC-36j	systemic allergic reaction, including anaphylactic shock		
AC-36k	epileptic and non- epileptic seizures		
AC-36l	shock		
AC-36m	hypothermia, frostbite		
AC-36n	toxic drug overdoses		
AC-36o	local allergic reaction		
HA-16	Describe federal and state infection control regulations and guidelines, ... including universal precautions as mandated by the Occupational Safety and Health Administration (OSHA), for the prevention, exposure, and control of infectious diseases and discuss how they apply to the practicing of athletic training. <input type="checkbox"/>		

HA-23	Identify and explain the recommended or required components of a ... pre-participation examination based on appropriate authorities' rules, guidelines, and/or recommendations.			
HA-30	Describe the role and functions of various healthcare providers and ... protocols that govern the referral of patients to these professionals.			
PD-8	Differentiate among the preparation, scopes of practice, and roles and ... responsibilities of healthcare providers and other professionals with whom athletic trainers interact.			
PHP-1	Describe the concepts (eg, case definitions, incidence versus prevalence, ... exposure assessment, rates) and uses of injury and illness surveillance relevant to athletic training.			
PHP-2	Identify and describe the measures used to monitor injury prevention ... strategies (eg, injury rates and risk, relative risks, odds ratios, risk differences, numbers needed to treat/harm).			
PHP-3	Identify modifiable/non-modifiable risk factors and mechanisms for injury ... and illness.			
PHP-4	Explain how the effectiveness of a prevention strategy can be assessed ... using clinical outcomes, surveillance, or evaluation data.			
PHP-6	Summarize the epidemiology data related to the risk of injury and illness ... associated with participation in physical activity.			
PHP-8	Identify the necessary components to include in a preparticipation ... physical examination as recommended by contemporary guidelines (eg, American Heart Association, American Academy of Pediatrics Council on Sports Medicine & Fitness).			
PHP-9	Explain the role of the preparticipation physical exam in identifying ... conditions that might predispose the athlete to injury or illness.			
PHP-10	Explain the principles of the body's thermoregulatory mechanisms as they ... relate to heat gain and heat loss.			
PHP-11	Explain the principles of environmental illness prevention programs to ... include acclimation and conditioning, fluid and electrolyte replacement requirements, proper practice and competition attire, hydration status, and environmental assessment (eg, sling psychrometer, wet bulb globe temperatures [WBGT], heat index guidelines).			
PHP-12	Summarize current practice guidelines related to physical activity during ... extreme weather conditions (eg, heat, cold, lightning, wind).			
PHP-13	Obtain and interpret environmental data (web bulb globe temperature ... [WBGT], sling psychrometer, lightning detection devices) to make clinical decisions regarding the scheduling, type, and duration of physical activity.			
PHP-14	Assess weight loss and hydration status using weight charts, urine color ... charts, or specific gravity measurements to determine an individual's ability to participate in physical activity in a hot, humid environment.			
PHP-17	Explain the etiology and prevention guidelines associated with the ... leading causes of sudden death during physical activity, including but not limited to:			
PHP-17a	Cardiac arrhythmia or arrest			
PHP-17b	Asthma			
PHP-17c	Traumatic brain injury			
PHP-17d	Exertional heat stroke			

PHP-17e	Hyponatremia			
PHP-17f	Exertional sickling			
PHP-17g	Anaphylactic shock			
PHP-17h	Cervical spine injury			
PHP-17i	Lightning strike			
PHP-18	Explain strategies for communicating with coaches, athletes, parents, ... administrators, and other relevant personnel regarding potentially dangerous conditions related to the environment, field, or playing surfaces.			
PHP-20	Summarize the basic principles associated with the design, construction, ... fit, maintenance, and reconditioning of protective equipment, including the rules and regulations established by the associations that govern its use.			
PHP-24	Summarize the general principles of health maintenance and personal ... hygiene, including skin care, dental hygiene, sanitation, immunizations, avoidance of infectious and contagious diseases, diet, rest, exercise, and weight control.			
PHP-36	Describe current guidelines for proper hydration and explain the ... consequences of improper fluid/electrolyte replacement.			
PHP-40	Explain the physiologic principles and time factors associated with the ... design and planning of pre-activity and recovery meals/snacks and hydration practices.			
PHP-41	Identify the foods and fluids that are most appropriate for pre-activity, ... activity, and recovery meals/snacks.			
PHP-49	Identify which therapeutic drugs, supplements, and performance-enhancing ... substances are banned by sport and/or workplace organizations in order to properly advise clients/patients about possible disqualification and other consequences.			
PS-2	Explain the theoretical background of psychological and emotional ... responses to injury and forced inactivity (eg, cognitive appraisal model, stress response model).			
PS-15	Identify the symptoms and clinical signs of substance misuse/abuse, the ... psychological and sociocultural factors associated with such misuse/abuse, its impact on an individual's health and physical performance, and the need for proper referral to a healthcare professional.			